



IHSS GAZETTE

PLACER COUNTY IHSS ADVISORY COMMITTEE NEWSLETTER

- The Law **REQUIRES**
100 feet
of defensible space
- Unusually Wet
Winter causes in-
creased vegetation
- Mowers and other
electrical tools can
spark grass fires

Placer County Homeowners Get Warning About Fire Season

With fire season on the horizon, homeowners in Placer County are getting an important message about clearing the area around their homes or facing the consequences.

On Sunday, authorities from the California Department of Forestry and Fire Protection inspected homes in Placer County. They found a lot of vegetation that is beginning to dry out.

A law passed in 2005 requires homeowners to have at least 100 feet of de-

fensible space around their homes with the 30 feet closest to the house consisting of a heavily watered green-belt such as grass.

"In the remaining 70 feet, we want

everything spaced out," said Tina Rose of CDF. "We want all the trees to be trimmed up so

(Continued on page 7)



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IDENTITY THEFT

It's not a Matter of "IF", it's a Matter of "WHEN"

Identity theft involves acquiring key pieces of someone's identifying information such as name, address, date of birth, social security number and mother's maiden name, in order to impersonate them. This information enables the identity thief to commit numerous forms of fraud which include, but are not limited to, taking over the victim's financial accounts, opening new bank accounts, purchasing automobiles, applying for loans, credit cards, social security benefits, renting apartments and establishing services with utility and phone companies.

The Placer County Sheriff's Depart-

ment hosted an Identity Theft seminar on April 18th and provided valuable information on how to protect yourself against identity theft and what to do if you become a victim.

HOW TO PREVENT IDENTITY THEFT

- Promptly remove mail from your mailbox.
- Do not leave outgoing mail in unsecured mail receptacles.
- Never give personal information over the telephone.
- Shred pre-approved credit applications, credit card receipts, bills and

(Continued on page 6)

Dog Days of Summer

Protect yourself from the Heat!



State Aging Director Lynda Terry urges caregivers and families of frail elderly and adults with disabilities to take extra precautions to help them stay cool and safe during hot summer months.

"We want to get the word out to families, friends, neighbors and caregivers to ensure that older and more vulnerable Californians are safe and comfortable during summer heat waves," said Terry. "For some seniors and adults with disabilities, high temperatures can lead to serious illness, hospitalization and even death."

Two common problems caused by exposure to excessive heat are heat stroke and heat exhaustion. Director Terry offers these easy tips for keeping cool:

- Eat lightly and drink plenty of fluids. Non-caffeine and non-alcoholic beverages help prevent dehydration.
- Wear lightweight, light colored and loose fitting

clothing.

- Keep a container of cool water nearby and use wet washcloths to pat the wrists, face and back of neck or, for a quick cool down, wrap ice cubes in a washcloth or use blue cooler packs.
- Use small battery operated hand-held fans and misters for a cooling break.
- Schedule outside activities before Noon or in the evening.
- Wear a wide-brimmed hat when in the sun.
- Stay in the coolest part of the house - usually on the lowest floor - as much as possible.
- A shady spot outdoors may be cooler than the house, especially if there's a breeze.
- Mobile seniors may want to spend a few hours at the library, in a movie or at a mall or restaurant that is air-conditioned to stay cool, enjoy a social outing and conserve energy.

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Ask Eldon



Q: As an IHSS provider, what should I do if my consumer tells me to perform a task that is not authorized?

A: There are several things to keep in mind if your employer asks you to perform an unauthorized task. First, you cannot be paid by IHSS for an unauthorized task. If you enter time on your time card for an unauthorized task, it is considered fraud. Also, if you are injured performing an unauthorized task you may not be covered by Worker's Compensation Insurance.

Explain as clearly as possible to your consumer that the task they are asking you to perform is not authorized by IHSS. You may ask the consumer's social worker or the Public Authority for assistance with conflict resolution. If you decide to perform the task anyway, you are taking a chance and cannot be paid for the service.

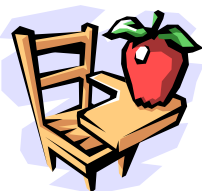
Q. When is a heavy cleaning for a consumer authorized?

A. A heavy cleaning can only be authorized at the time IHSS is initially granted, to enable a provider to perform continuous maintenance. It might also be authorized if a lapse in eligibility occurs; eligibility has been reestablished and IHSS has not been provided within the previous 12 months. The county also has the authority to authorize a heavy cleaning if the recipient's living conditions result in a threat to his/her safety and such service may be authorized where a recipient is at risk of eviction. These are the only justifications for a heavy cleaning per California State Social Services Standards for In-Home Supportive Services.

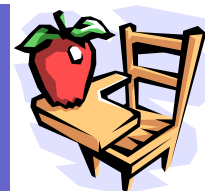


Send your questions to: IHSS Public Authority, ATTN: Ask Eldon
11533 'C' Avenue, Auburn, CA 95603





EDUCATION MATTERS



Placer County IHSS Public Authority offers helpful classes at no cost to
IHSS providers and consumers.

For more information or to register, please call the Public Authority at 530-886-3680.

Communication: Dementia/Alzheimer's

July 11
Roseville
9:30 – 11:30
101 Cirby Hills Dr.
Cafeteria

July 12
Auburn
2:00 – 4:00
11512 B Avenue
Sierra Room

Nutritional Needs/Diabetic

September 5
Roseville
9:30 – 11:30
101 Cirby Hills Dr.
Cafeteria

September 6
Auburn
2:00 – 4:00
11512 B Avenue
Sierra Room

Death/Dying Taking Care of Yourself

November 7
Auburn
2:00 – 4:00
11512 B Avenue
Sierra Room

November 8
Roseville
9:30 – 11:30
101 Cirby Hills Dr.
Cafeteria

Provider Orientation Every Thursday (Except Holiday's)

Roseville
10:00 - 12:00
101 Cirby Hills Dr.
Cafeteria

(No Refreshments/Door Prices)

I Appreciate the
Public Authority

Very
Effective

The Presenter
was GREAT!

Worth my time
to attend.

It was nice
to have a
refresher
course.

Great Class

REFRESHMENTS



DOOR PRIZES





Just The Facts
Linda Mulrane - Registry Specialist

THE HISTORY OF HOME HEALTH CARE – PART TWO (1900-1929)

Hundreds of huge voluntary and non-profit old-age homes were built in the late 1800's and early 1900's, many set on large pieces of property with farms or gardens to help support the residents of the home. As their populations grew, they added additional buildings, like hospitals, barns, and homes for some of the staff. Some became small cities in themselves.

The number of people living to old age continued to increase. The average life expectancy at birth increased by 10 years from 1900 to 1930 and continued to increase well into the 1990's! This change occurred largely because fewer people were dying in childhood, so a larger percentage of the population lived to old age. In 1900, those who outlived diseases and injury in childhood and early adulthood had nearly as many years ahead of them as today's seniors do. Finding a place where they could live for a long period of time was just as important then as it is now.

At the same time, the United States had become an urban society. At the start of the twentieth century, 40% of the population lived in the cities, and by the end of the century over 75% of the population were city-dwellers.

As the population of the cities swelled, only the rich could afford to build new buildings, and they abandoned homes in the city centers to move farther out. For everyone else, this meant that more and more people had to pack themselves into the buildings that already existed in the central cities, creating the tenements.

"The cost of maintaining an aged relative in the country is so small as to seem an insignificant burden. In the crowded tenement houses of modern cities the situation is very different. Here, as industry is now organized, there is little for an aged person to do. The positions for which men or women over sixty- five years of age are suited are few, and there is always an excess of old men and women looking for such positions. Furthermore, the cost of maintaining an aged relative in the city is an appreciable item in a wage earner's budget, and even when the burden is cheerfully borne, it means so much less for other necessary family expenditures." (Seager, 1910)

www.elderweb.com



Masonic Home, Utica, NY, 1905



New York City Tenements, 1900-1910

Coping With Seasonal Allergies

Summer is just around the corner and with it comes warmer weather, more outdoor activities and more allergens in the form of pollens and molds. If you are one of an estimated 36 million Americans who suffer from seasonal allergic rhinitis - more popularly known as hay fever - summer may be a time of year you dread. This year's allergy season promises to be even worse because of the higher than usual level of rainfall this past winter and spring. Unfortunately there is no way to control the weather, but there are various things that allergy sufferers can do to help

lessen the symptoms of allergies that include itchy, watery eyes, runny nose and non-stop sneezing. Current medications used to treat these symptoms usually contain antihistamines that can cause drowsiness and dizziness that can be especially dangerous for seniors.

They may also be taking other medications that can cause very dangerous interactions or reactions. Research is being done for treatments for allergies that will help to prevent the allergic reaction in the first place rather than focusing on treating the symptoms. Allergy specialists expect that this is the future of allergy treatment. Unfortunately these new treatments will not be available for several years. In the meantime there are steps that can be taken to help lessen your exposure to allergens and be more comfortable this allergy season. The following tips are offered by the American Academy of Allergy, Asthma and Immunology:

☞ Avoid allergens and molds as much as possible. ☞ Instead of walking outside in the park or on hiking trails, try walking in the local shopping mall. Most malls have walking clubs with mall businesses offering discounts. It will be much cooler too! ☞ When you have to go outside try to avoid grassy areas (especially those areas with fresh mown grass) or areas with lots of foliage. ☞ Keep windows closed at night to prevent pollens or molds from drifting into your home. ☞ Use an air conditioner and dehumidifier to keep air clean, cool and dry. ☞ Keep car windows closed while traveling. ☞ Be aware of local pollen counts and avoid outdoor activity on days when it is high. ☞ If you live in an area that has high smog levels, be aware of those levels and take appropriate measures on high smog days such as staying indoors or limiting activity. ☞ Plan your vacation at the beach rather than the mountains, pollen counts are much lower at the beach near the ocean. ☞ If you must mow or rake - activities that stir up a lot of pollen and mold - wear a paper respiratory mask to lower your exposure. ☞ Even though "line-dried" clothing and linens have a wonderful "fresh" scent, use the dryer, as pollens and mold can collect on items drying on the clothesline. ☞ Take medications as prescribed in the recommended dosage. Even if your symptoms are severe, stick with the recommended amounts of medication. ☞ Shower after being outdoors to remove any pollen and mold that may be left clinging to your skin and hair.

Following these tips may help you have a healthy and allergy - symptom free summer.

By Marian Eure

Provider Benefits Waiting List Growing

As you know, a maximum of 400 providers can be enrolled in the no-cost provider health plan. In August 2005, we reached that number and were forced to start a waiting list. The average time on the waiting list has grown to 75 days!

While on the waiting list, it is crucial that you maintain your eligibility, otherwise you will be dropped from the waiting list.

An average of 5 providers are dropped from the waiting list every month because they failed to maintain their eligibility.

Another 7 to 25 slots become available because providers disenroll. Those openings are filled from the waiting list on a first come first served basis. Please make sure your time-sheets are turned in **ON-TIME!**

For questions about Eligibility, call Shirlee Herrington at:
530-886-3680

If you are currently enrolled in the health plan and have questions about your coverage, call Patient Advocacy at:
877-447-7435

Summers Heat

(Continued from page 2)

Heat Stroke and Heat Exhaustion

Heat stroke occurs when the body is unable to control its temperature. The body's temperature rises rapidly to 106° Fahrenheit or higher, the sweating mechanism fails and the body can't cool down. Heat stroke can cause death or permanent disability if emergency treatment is not administered. Those most prone to heat exhaustion are elderly and people working or exercising in a hot environment.

Warning signs of heat stroke vary, but may include:

- An extremely high body temperature (above 103°).
- Unconsciousness.
- Dizziness, nausea and confusion.

- Red, hot, dry skin (no sweating).
- Rapid and strong pulse.
- Throbbing headache.

Warning signs of heat exhaustion vary, but may include:

- Heavy sweating.
- Muscle cramps.
- Weakness.
- Headache.
- Nausea or vomiting.
- Paleness, tiredness and dizziness.

What To Do

- Call for immediate medical assistance and begin cooling the victim.
- Get the person to a shady area.
- Cool rapidly by immersing him/her in a tub of cool water; placing in a cool shower; spraying/sponging with cool water; or if the humidity is low,

wrapping the person in a cool, wet sheet and fanning him or her vigorously.

- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°-102°.
- Get medical assistance as soon as possible. If emergency medical is delayed, call a hospital emergency room for further instructions.
- Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this occurs, keep the victim from injury but do not place any objects in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning on his/her side.

www.aging.state.ca.us



Identity Theft

(Continued from page 1)

other financial information you don't want before discarding them in the trash or recycling bin.

- Empty your wallet of extra credit cards and ID's, or cancel the ones you don't use and maintain a list of the ones you do.
- Order your credit report from the three credit bureaus once a year.
- Never leave receipts at bank machines, bank counters, trash receptacles, or unattended gasoline pumps.
- Memorize your social security number and all of your passwords. Do not record them on any cards or on anything in your wallet or purse.
- Sign all new credit cards upon receipt.
- Save all credit card receipts and match them against your monthly bills.
- Be conscious of normal receipt of routine financial statements. Contact the sender if they

are not received in the mail.

- Notify your credit card companies and financial institutions in advance of a change of address or phone number.
- Never loan your credit cards to anyone.
- If you applied for a new credit card and it hasn't arrived in a timely manner, call the bank or credit card company involved.
- Report all lost or stolen credit cards immediately.
- Closely monitor expiration dates on your credit cards. Contact the credit card issuer if replacement cards are not received prior to the expiration date.
- Beware of mail or telephone solicitations offering instant prizes or awards designed solely to obtain your personal information or credit card numbers.

WHAT TO DO IF YOU ARE A VICTIM

- Set up a folder to keep a detailed history of

(Continued on page 7)

(Continued from page 6)

this crime.

- Keep a log of all your contacts and make copies of all documents.
- Contact all creditors by phone and in writing to inform them of the problem.
- Notify the US Postal Inspector if your mail has been stolen or tampered with. (See phone listing under Federal government)
- Contact the Federal Trade Commission to report the problem at 1-877-IDTHEFT (1-877-438-4338)
- Call each of the three credit bureaus' fraud units to report identity theft. Ask to have a "Fraud Alert/Victim Impact" statement placed in your credit file asking that creditors call you before opening any new accounts. Request that a copy of your credit report be sent to you.
 - ☑ Trans Union – 1-800-680-7289
 - ☑ Equifax – 1-800-525-6285
 - ☑ Experian – 1-888-397-3742
- Alert your banks to flag your accounts and contact you to confirm any unusual activity. Request a change of PIN and a new password. If you have any checks stolen or bank accounts set up fraudulently, report it to the following companies:
 - ☑ National Check Fraud Service-843-571-2143
 - ☑ SCAN - 800-262-7771
 - ☑ TeleCheck - 800-710-9898 or 927-0188
 - ☑ CheckRite - 800-766-2748
 - ☑ Equifax Check Systems-800-437-5120
 - ☑ International Check Service-800-526-5380

NEVER GIVE PERSONAL
INFORMATION OVER THE PHONE



- Contact the Social Security Administration's Fraud Hot line at 1-800-269-0271
- Contact the state office of Department of Motor Vehicles (DMV) to see if another license was issued in your name. If so, request a new license number and fill out the DMV's complaint form to begin the fraud investigation process.
 - ☑ Obtain description of suspect (if known)
 - ☑ Obtain witness information
 - ☑ What is the financial loss to you
 - ☑ Attach supporting documentation

www.placer.ca.gov



Defensible Space



(Continued from page 1)

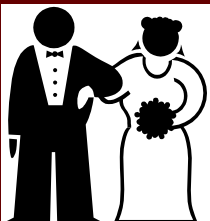
that the grass on the ground can't send flames to the tops of the trees."

Pat Kile knows firsthand how properly maintaining the landscaping can save a home. She says maintaining the defensible space saved her house from the Sierra fire, a blaze that devastated parts of Loomis and Rocklin in 2002. "We try to keep all of our grass mowed, and that's probably what saved our house," Kile said.

This year there is a greater threat because the unusually wet winter has left more vegetation than normal. Fire officials say it's important to get grass and bushes trimmed before they start to dry out. Mowers or other electrical tools can spark grass fires if the vegetation is too dry.

Fire officials say defensible space is also important to firefighters. If during a fire, crews have to choose between a home that is properly protected and one that isn't, firefighters will try to save the protected home first because it's safer for them to approach it.

*Written for the web by Elizabeth Bishop,
Internet News Producer, Channel 10 News*



☺ A lady placed an 'ad' in the classifieds: "Husband Wanted". Next day she received 100 letters, "You Can Have Mine"

☺ A little boy asked his dad, "Daddy, how much does it cost to get married? Dad replied, "I don't know son...I'm still paying"



PLACER COUNTY
IHSS PUBLIC AUTHORITY
11533 'C' AVENUE
AUBURN, CA 95603

Placer County Public Authority

Administration:

11533 C Avenue
Auburn, CA 95603

Manager:

Eldon Luce

Supervisor:

Cate Lynds

Secretary:

Shirlee Herrington

Hours:

Monday - Thursday
8:00 a.m. - 5:00 p.m.

Friday

8:00 a.m. - 1:00 p.m.

Registry Staff:

11512 B Avenue
Auburn, CA 95603
Phone: 530-886-3680
Fax: 530-886-3690

Registry Specialists:

Linda Mulrane
Debbie Faia
Kathryn Ripley

Registry Clerks:

Roseanne Atchison
Donna Moore

United Domestic Workers (UDW)

3737 Camino Del Rio South, #400
San Diego, CA 92108
1-877-483-9937

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Karen Boal - Vice Chairperson

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JOIN TODAY!
CALL 530-886-3680